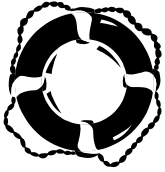


SBP Youth Training



LIFEGUARD- IN- TRAINING (LIT)

Using the ARC Jr. Lifeguard program, Guardstart: Lifeguarding Tomorrow, this program is designed for youth who might be interested in future lifeguarding at Salmon Brook Park. This course is designed to introduce the knowledge, attitudes and skills necessary for future guards. It does not provide certification needed to be a lifeguard. This foundation consists of five categories: prevention, fitness, response, leadership and professionalism. Weekly goal setting is a major part of this program.

Participants will:

- 1) Develop swimming skills through daily lap swimming,
- 2) Assist with swim instruction,
- 3) Assist with planning of special activity days,
- 4) Learn water scanning techniques and assist guards with beach duty, and
- 5) Assist with other guard duties.

This program is set-up into two (2) three-week sessions. Attendance is required for the entire session and cannot be split. Jr. Guard t-shirts will be provided and are to be worn daily; attendance at any scheduled waterfront days is mandatory; cost includes one (1) off-site trip.



Basic Requirements: Must be 14 or 15 years old by the start of the class and demonstrate the following skills:

- 1) Swim the front crawl for 25 yds. continuously while breathing to the front or side,
- 2) Tread water for 1-minute using arms & legs,
- 3) Submerge & swim for a distance of 10 feet underwater,
- 4) Interview with Recreation staff, and
- 5) Write a one-page explanation of why you want to participate in this program and tell us what you can bring to the program.

DATES:

Session I July 7th – July 25th

Session II July 28th – August 15th

TIMES: 8:45AM – 3:45PM

COST: \$215/3 weeks; includes one off-site trip and a youth membership to SBP pond

TESTING DATE: Sunday, June 15th; 3:00PM at the Bathhouse



These programs are designed to be fun learning experiences and our main goal is not to provide a social function. If your child expresses interest, please be sure it is understood that each day is highly structured and continued attendance is expected.



COUNSELORS- IN TRAINING

June 23 – August 15

What the heck is a CIT? This program provides an opportunity for youth ages 14-16 to gain work experience in a recreational setting. CITs serve as assistants to the camp counselors while being taught programming skills that are advantageous when applying for future employment. CITs must be 14 years old by law at the start of the program. This program is designed to provide an intense training for CITs prior to their working directly with campers.

CITs will be a part of their own group to learn skills necessary to assist the staff. Assignments for the first year will rotate between waterfront and day camp as needed. CITs will assist counselors with their campers, will develop some activities for these groups and plan some of their own group activities. Weekly goal setting, planning and evaluations will be a major part of this program.

Training topics will include:

SBP Goals & Objectives

Camp Procedures

Personnel Policies & Behavior

Conduct Expectations

Health & Safety Concepts

Emergency Procedures & Crisis Management

Program Skills

Team Building

Rainy Day Activities

Small & Large Group Activities

Sports/Games

Sportsmanship & Behavior

Program Knowledge, i.e., arts & crafts, archery

Responsibilities include:

Designated Area

Behavior Regulations

Self-directed Programs

Program Activity Planning



Attendance at scheduled Parents' activities is mandatory. Because this is an on-going training program, we ask that youth and parents be willing to make a long-term commitment – 6 out of 8 weeks are mandatory and absent no more than 5 days at a time. Attendance Week 1 is mandatory. Trip Week will be by assignment only. CIT t-shirts will be provided each year.

GROUP SIZE: 12

INTERVIEWS & REGISTRATION:

Required for 1st year applicants. **Saturday, June 14th** starting at 1:00PM at Senior/Youth Center. Call Rec. Office to pre-register and make an appointment. Bring a one-page explanation of why you would like to be a CIT and what you can bring to the program.

COST: \$425/first year and includes a SBP membership; 2nd year – full payment is expected at time of registration and will be refunded upon successful completion of the program. The Granby P&R Dept. has the right to refuse a request for participation if we believe it is not in the best interest of the program.

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